



# DECEPTION PASS CLASSIC

SEP 7-8, 2019



# RIDE GUIDE

BIKEMS.ORG

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# THANK YOU

## FOR REGISTERING FOR BIKE MS®!

We're so glad you're joining us! To help you get ready for the ride of a lifetime, this Ride Guide has everything you need to know for a fun and successful Bike MS weekend.

### FUNDRAISING MINIMUM

**All cyclists must meet the \$250 fundraising minimum before receiving their Rider Packet.** Donate online or bring your donations to the Packet Pick-up.

### PACKET PICK-UP

#### Skagit County Fairgrounds

- Friday, September 6, 3 - 8 p.m.
- Saturday, September 7, 6 - 8 a.m.
- Sunday, September 8, 6 - 8 a.m.

### WEEKEND PACKING CHECK LIST

Don't forget to bring these necessities with you on your bike so you're prepared on the ride!

- **Helmet — mandatory**
- **Rider number — mandatory** (in Rider Packet)
- Comfortable riding gear: cycling shorts, jersey, sport socks, cycling gloves and shoes, etc.
- Sunglasses (with a rear view mirror is helpful)
- Rain gear (use a shower cap to cover your helmet)
- Spare tube/patch kit
- Pump/CO2
- Water bottle(s)
- Advil/Tylenol
- Sunscreen (bring plenty)
- Credit card
- Photo ID, required for alcohol consumption — **NO EXCEPTIONS!**
- Cell phone for emergencies
- Camera
- Important health information/medications

### ACCOMMODATIONS

Reservations at a hotel/motel are your responsibility. Room rates vary at each property and rooms go quickly! Visit the lodging page of [bikeMSwa.org](http://bikeMSwa.org) for a list of partnering hotels.

### FREE TENT CAMPING

Participants and volunteers can camp for FREE at the Skagit County Fairgrounds. Sleeping onsite means you won't miss out on any of the fun! Camping will be available starting at noon on Friday, Sept. 6. No reservations required. Vehicles are not allowed in the tent camping area, and camping is not permitted in the parking area, however a loading zone will be provided. Showers and restroom facilities will be available for all campers.

### QUIET HOURS

All gates will be locked at 9:00 p.m., except the emergency maintenance gate. Quiet hours will begin at 10:00 p.m. Please respect your fellow riders and the surrounding community by turning off music and ending loud conversations at that time. We appreciate your cooperation and look forward to seeing you bright and early in the morning.

### EMERGENCY CONTACT INFO

**IMPORTANT:** All cyclists must add emergency and medical information to the back of their rider bib! Include contact names, phone numbers, allergies, medical conditions, etc. In the event of an emergency, this will help medical personnel assist you quickly.



## IN THE EVENT OF RAIN

Bike MS rolls out rain or shine, hot or cold, so prepare for any type of weather. In the event of severe weather, we have an action plan in place and will implement it as conditions warrant.

## PERSONAL & TEAM SAGS

**No personal or team SAGs are allowed on the route or at rest stop areas.**

In the interest of safety for all of our participants, we must limit the number of motorists on the route and at rest stops. Personal vehicles compromise rider safety and threaten our ability to use these venues in the future. **Official Bike MS SAG vehicles are available throughout the course** to transport cyclists. Please meet friends and family at the finish line each day.

## ROUTE SUPPORT

- **Rest stops** are approximately every 10 to 16 miles.
- **Bike mechanics** are stationed throughout the event at rest stops, start and overnight venues, and roaming the route. Repairs are free of charge. Riders are responsible for the cost of any parts. Be prepared to handle your own minor repairs. Rider Village Mechanics available Friday 3-7 p.m., Saturday 7-8:30 a.m. and 5-6:30 p.m. and Sunday 7-8:30 a.m.

- Radio communication is available at all rest stops. **Medics are available at all rest stops and emergency vehicles are available throughout the weekend.** Bike medics will also be roaming the route.
- **SAG vehicles** give a lift to riders in need and can be identified by their brightly colored placards.
- **To signal a SAG vehicle:** 1) move off the road and out of the path of other riders; 2) dismount and stand near your bike; 3) remove your helmet and give a “thumbs down” to the SAG vehicle. At peak hours, SAG vehicles may be full, so please be patient until the next SAG vehicle arrives.
- **Ride Marshals** will be traveling among riders to ensure that all rules of the road are being obeyed and that cyclists are riding in a safe manner. Ride Marshals also assist novice cyclists with coaching to ride safely. Please be courteous and follow the instructions of Ride Marshals. Interested in volunteering your time as a Marshal? Contact Kate at 509-742-5173 for more information.
- **Route maps** will be available at packet pick-up and online before ride weekend under the route section of [bikeMSwashington.org](http://bikeMSwashington.org). Be aware that any last minute route revisions may not be captured on these maps. Access the official route and any updates by accessing [ridewithgps.com](http://ridewithgps.com) and searching for ‘Bike MS: Deception Pass Classic’. To avoid getting off course, follow all route signs and route official directions.

bike



# Deception Pass Classic

**SATURDAY:** All riders must be off route by 5 p.m.

RS	MILES	ROUTE	LOCATION	OPEN TIME	CLOSE TIME
1	10.6	ALL	Swinomish Tribal Center	7:30 a.m.	4 p.m.
2	22.5	59, 80, 100	Anacortes Middle School	8 a.m.	12 p.m.
3	33.4	59, 80, 100	Deception Pass St. Park (Lunch) 80 and 100 mile route CUTOFF	8:30 a.m.	1 p.m. 12:30 p.m.
C1	41.7	80, 100	Knights of Columbus 100 mile route CUTOFF	9 a.m.	1 p.m. 1 p.m.
C2	55.9	100	Joseph Whidbey State Park	11 a.m.	2 p.m.
4	53.8,72.9	80, 100	Roadside Stop	10 a.m.	3 p.m.
5	40/62/81	59, 80, 100	Fidalgo Bay Elementary	9 a.m.	3:30 p.m.
6	48/70/89	ALL	Swinomish Tribal Center	7:30 a.m.	4 p.m.

**SUNDAY:** All riders must be off route by 4 p.m.

RS	MILES	ROUTE	LOCATION	OPEN TIME	CLOSE TIME
1	16.2	49, 72	Allen Elementary School 72 mile route CUTOFF	7:30 a.m.	10:15 a.m. 11 a.m.
2	25.6	72	Alger Park and Ride	8 a.m.	11:30 a.m.
3	40.4	72	Larrabee State Park	9 a.m.	1 p.m.
L	49.2	49, 72	Edison Elementary School (Lunch)	8:15 a.m.	2 p.m.
4	14.1/35.6/ 55.8	26, 49, 72	Bayview State Park	7:30 a.m.	3 p.m.

## ROUTE NOTES:

If you need assistance on route, please call Bike MS Hotline/ Route Support at 971-303-9510.

Saturday: Official Start Time: 7:30 a.m.

Top 2018 Teams Lead the Way: F5, Microsoft, Expeditors, Point B, Team ZGF Hoffman

Sunday: 7:30 a.m. 'I Ride With MS Victory Lap' short route kick off and return for our I Ride With MS participants; Followed by Official Start 2019—Century Club leads the way

# RIDE SCHEDULE

## FRIDAY, SEPTEMBER 6

### Noon Camping & RV Area Opens

Enter at South Gate

### 3–7 p.m. Cyclist Welcome Reception

in the Beer Garden/main stage area

### 3–8 p.m. Carnival Games Open Main stage

### 3–8 p.m. Bike Corral Open Barn D

### 3–8 p.m. Packet Pick-up

### 5–7:30 p.m. Pasta Feed Dinner Served Dining Hall

### 9 p.m. Rider Village Closes

All gates locked except side maintenance gate

### 1 p.m.–5:30 a.m. Campground Quiet Hours

## SATURDAY, SEPTEMBER 7

### 6 a.m.–8 p.m. Bike Corral Open

Barn D, closed 6:30–7:00 p.m. during rally

### 6–8:30 a.m. Breakfast & Coffee Service Dining Hall

### 6–8:30 a.m. Packet Pick-up

### 7:30 a.m. Official Start

Top 2018 Teams Lead the Way: Top 5 Teams: F5, Microsoft, Expeditors, Point B, Team ZGF Hoffman

### 8:45 a.m. Start Line Closes

### 11 a.m.–2 p.m. Lunch Served for 22-Mile Route Cyclists (all other cyclists eat on the route)

Dining Hall

### 1–6:30 p.m. Beer Garden/Carnival Games Open

### 4–7:30 p.m. Dinner Served Dining Hall

### 5 p.m. Route Closes

All cyclists must be back at Rider Village. If you are still on the route when the route closes for the day you will be shuttled back to Rider Village or ride at your own risk.

## EVENING RALLY

Taking place at 6:30 p.m. at the main stage. The Bike MS Rally will remind us why we are all at Bike MS during the program where we celebrate your efforts which are so important in creating a world free of MS. Included will be inspiring stories, Century Club recognition, an official fundraising update and more – you won't want to miss it!

### 6 p.m. Beer Garden Last Call

### 6–6:30 p.m. Jersey Contest and Team Awards Beer Garden

### 6:30 p.m. Bike MS Evening Rally Main Stage

### 9:30 p.m. Rider Village Closes

All gates locked except start/finish gate

### 10 p.m.–5:30 a.m. Campground Quiet Hours

## SUNDAY, SEPTEMBER 8

### 6–8:30 a.m. Packet Pick-up

### 6–9 a.m. Bike Corral Open

Barn D, all bikes **MUST** be removed by 9:00 a.m.

### 6–8:30 a.m. Breakfast & Coffee Service Dining Hall

### 7:30 a.m. 'I Ride With MS' Victory Lap; short route kick off and return for our I Ride With MS participants

Followed by **Official Start** 2019 Century Club leads the way

### 8:45 a.m. Start Line Closes

### Noon - 4:30 p.m. Lunch Served, Finish Line Celebration Dining Hall

### 4 p.m. Route Closes

All cyclists must be back at Rider Village. If you are still on the route when the route closes for the day you will be shuttled back to Rider Village or ride at your own risk.

### 5:00 p.m. Rider Village Closes All gates locked



### VIEW & PRINT ROUTE MAPS

Visit [bikeMSwa.org](http://bikeMSwa.org).

Click on **Routes and Maps** under  
**About This Ride.**



*Don't just ride, Bike MS*

# BE SAFE AND HAVE A GREAT RIDE

## CYCLING SAFETY

Our focus is to provide a high-quality, safe and fun ride. While we do an enormous amount of planning to provide for your safety, we ask that you do your part prior to the ride by visiting our **Bicycle Safety Page at [bikeMSwa.org](http://bikeMSwa.org)**. Here you will find cycling manuals, safety videos, safe cycling tips and more.

**RIDE SAFE. RIDE SMART.** Please be aware of and prepared for railroad crossings on both days of the ride.

## BIKE MS® SAFETY POLICY

Should a cyclist choose to behave, act or ride in a manner that is endangering themselves or others, Ride Officials and State Patrol officers have been instructed to remove their bib and wristband, and prohibit them from continuing on the ride. Please remember, this is a ride, not a race.

## KNOW THE RULES OF THE ROAD

The safety of our cyclists is the number one priority at Bike MS. Help us by knowing the rules of the road and following safe riding practices.



### KNOW AND OBEY ALL TRAFFIC LAWS

The golden rule of bicycling in a group is be predictable!



### OBEY ALL TRAFFIC SIGNS & SIGNALS

Avoid "following the leader" through traffic signs and signals.



### STAY RIGHT!

Ride in the right portion of the rightmost lane in the direction you are traveling. Leave at least 4 feet between your handlebars and parked cars, other hazards or riders.



### LOOK & SIGNAL

Avoid "following the leader" through traffic signs and signals.



### UNPLUG

Headphones or ear buds are **NOT permitted**. This is so you can hear traffic and safety warnings.

2 AT A  
TIME



Ride no more than two abreast and do not impede traffic.



### BE VERBAL!

Communicate during the ride to let others know about hazards or your movements.



### "ON YOUR LEFT"

Call this out before you pass someone. If you hear it, a rider is approaching your left side. Allow them room to pass.



### "SLOWING"

The cyclist in front of you is slowing down. Use caution and prepare to stop. Use the palm of your hand toward riders behind you to indicate slowing and stopping.



### "STOPPING"

This indicates that a rider ahead is stopping. Do not forget to unclip from your pedals.



### "CAR BACK"

This means a car is approaching from the rear. All riders make an effort to move to the right of the road in a single file until the car passes.



### "GRAVEL / POTHOLE / SAND / TRACKS"

Each of these messages is to alert the rider behind you of hazardous road conditions. The words are combined with the gesture of pointing to the hazard well in advance.



## RIDER IDENTIFICATION

### WRISTBANDS

Rider wristbands are your ticket to all services and meals at the event. This wristband identifies you as a Bike MS participant and grants you access to all food, beverages and Bike MS services. Please note if the beverage tabs are removed they will not be accepted for drink service.

**Wristbands must be worn at all times over the event weekend** to receive access to event amenities.

### RIDER NUMBERS

Rider bib numbers are used to identify your bicycle at the ride. Yellow bibs indicate Century Club members and Passport Riders, please show your appreciation for this amazing group of top fundraisers!

Use the rider numbers in your Rider Packet as follows:

1. Large rider bib to attach to your jersey. You must wear your bib number while on the route and at the start and finish lines. Please fill in the information on the back and safety-pin it to the back of your outer-most layer of clothing.
2. Wear your wristband for the duration of the event.
3. Two-sided rider number to attach to your bicycle. Affix to your bicycle for quick identification when your bike is parked in the bike corral and when you are out on the route. Remember that your bib number and bike number must match in order to claim your bike at the Bike Corral!

## LOST AND FOUND

Turn in or retrieve any missing items or personal belongings at the volunteer booth by the Start/Finish.

## FAMILY & FRIENDS

Friends and family are welcome to join you at the off-route Rider Village festivities and are the sole responsibility of the participant (i.e. the participant must make sleeping provisions for their guests; purchase meal tickets, etc. Please note that the National Multiple Sclerosis Society does not provide child care).

## I RIDE WITH MS VICTORY LAP

Join Us for our IRWMS Victory Lap, where our 'I Ride With MS' participants have the option to join in on a short route and get welcomed back into Rider Village to a wave of fanfare!

Come and support those who we are out here riding for as they take on the MS Victory lap. Be at the Start line on Sunday morning at 7:30 a.m. to cheer them on as they complete their route!

Interested in the IRWMS program? Contact Holly at 206-515-4572.

# FUNDRAISING

Bike MS® proceeds fund breakthrough MS research and provide vital services, wellness programs, MS Navigator support and advocacy to people living with MS.

## PRIZES AND INCENTIVES

We offer great fundraising prizes and clubs with amazing benefits. Raise \$750 or more and qualify for a prize! Visit your **bikeMSwa.org** Participant Center to access our Fundraising Toolkit, available prizes and information on our elite Century Club and Passport Program.

## TURNING IN DONATIONS

The best way to turn in donations is to have your donors contribute online at your personal web page. Donations must be turned in by October 7 to qualify for prize selection. The deadline to qualify for 2019 Club Levels and Team Awards is November 9.

### To turn in cash and checks:

1. Record your contributions on the donation tracking form included in the Fundraising Toolkit.
2. Send your donations and a copy of the donation tracking form to your local Society office. Only hold donations until the day of the event if you need to meet your minimum donation requirement for Packet Pick-up (see page 2). Be sure the rider's name is written in the memo section of each check. Cash can either be consolidated into one check or made as a single payment online at **bikeMSwa.org**.
3. Mail checks to:  
National MS Society, Greater Northwest  
192 Nickerson St. Ste. 100  
Seattle, WA 98109

All donations are tax-deductible to the maximum extent allowed by law. Copies of canceled checks are sufficient IRS proof for donations less than \$250. Visit your Participant Center for your downloadable copy of donation receipts made online. For donations greater than \$250, a tax receipt will be provided to the donor by the local office.

## INDIVIDUAL FUNDRAISING BENEFITS

### CENTURY CLUB

In 2018, this group of fundraising all-stars raised over \$530,000 to help fund programs, services and MS research. Congratulations, 2019 Century Club members! Century Club members receive a custom Century Club jacket, t-shirt, and bib, as well as special recognition and parking at the event, discounted registrations, and much, much more!

How can you earn a spot on the 2020 Century Club? Become one of the top 100 fundraisers in 2019! The 2020 Century Club will be finalized on November 9, 2019.

### BIKE MS PASSPORT PROGRAM

Raise \$5k, earn the Bike MS Passport.

Cyclists who raise \$5,000 or more at Bike MS are eligible to become a member of the elite National Bike MS Passport Program, a special club for top fundraisers across the country. Passport Program members have the opportunity to ride in any other Bike MS ride without needing to meet the fundraising requirement. Go online to **BikeMSwashington.org** to learn more!





## TEAM TALK

### TEAM VILLAGE

The Team Village is the center point of the Bike MS® overnight and a gathering place for teams and team members.

### TEAM ROW & TEAM ROW CONCIERGE

Each Team Row team has raised an incredible \$10,000 or more to earn their team tent. Congratulations! Team Row teams may swing by the orange Team Row Concierge tent to ask questions, get information and borrow team tent supplies (scissors, sharpies, tape, etc.). Swing on by – we’re here to help!

## RIDE PHOTOGRAPHS

### TEAM PHOTOS

Team photos will be taken on Saturday in the Rider Village by our roaming photographer from 6:30-8:30 a.m. and 4-6 p.m.

## JOIN US!

### BEST TEAM JERSEY COMPETITION AND TEAM AWARDS

Show your team pride at our annual jersey contest taking place in the Beer Garden on Saturday at 6 p.m. To enter, simply send a team representative in your team jersey to the beer garden at 5:45 p.m. on Saturday. Your team rep will walk the Bike MS “runway” on stage.

## THANK YOU TO OUR GENEROUS SPONSORS!

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GOLD



*Tommy Bahama*

*Beam* SUNTORY

SILVER

Expeditors

PERKINS COIE  
COUNSEL TO GREAT COMPANIES

# UPCOMING EVENTS

## SEPTEMBER 14-15, 2019: BIKE MS CYCLE THE SILVER VALLEY IN KELLOGG, ID

Ride from 1-150 miles on a beautiful Rails to Trails route winding through Idaho's Silver Valley. Complete with stunning views, unequaled route support and an overnight location at the Silver Mountain Resort. To register or learn more visit [bikeMS.org](http://bikeMS.org).

## SEPTEMBER 20, 2019: PATHWAYS TO A CURE COEUR D'ALENE, ID

Pathways to a Cure provides latest information on MS research news, progress, and hot topics. Participants in this program will gain knowledge on the latest research trends and learn about what they can do now to impact their health and quality of life. Speakers: Yashma Patel, MD

## OCTOBER 23, 2019: ON THE MOVE LUNCHEON SEATTLE, WA

Speaker: Jenny Lay-Flurrie; Chief Accessibility Officer at Microsoft

Join us for an hour of inspiration and connection while we raise critical funds to #endMS! Suggested minimum donation \$150. For more information, visit [nationalMSSociety.org/luncheonNW](http://nationalMSSociety.org/luncheonNW).

## FEBRUARY 2020: STATE ACTION DAY OLYMPIA, WA

Around the country, MS activists convene to raise awareness and urge state lawmakers to make policy decisions will help people with MS live their best lives. At the Washington State, State Action Day, activists learn about the National MS Society's advocacy priorities and couple these priorities with their own stories as they advocate to our State Senators and Representatives on behalf of themselves and all people affected by MS. Visit [nationalmssociety.org/Get-Involved/Advocate-for-Change](http://nationalmssociety.org/Get-Involved/Advocate-for-Change) for more information.



## *I Ride with MS*

**I Ride with MS** is a National MS Society program that recognizes Bike MS® cyclists living with MS. Members of the **I Ride with MS** program enjoy special benefits at all of our Bike MS® events nationwide and receive a complimentary **I Ride with MS** jersey provided by Primal Wear.

**I Ride with MS** participants are committed to cycling to create a world free of MS, and inspire all who are part of the MS movement.

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**PRIMAL**

JOIN TODAY AT [BIKEMS.ORG](http://BIKEMS.ORG)

*Don't just ride, Bike MS*



# *We Need Volunteers!*

**Bike MS® needs more than 600 volunteers to ensure a superior experience and safe ride for everyone!**

We have volunteer openings for both ride days. If you or someone you know would like to help, let us know!

CONTACT MEG TRIPATHI:  
206-515-4573 | [MEGHA.TRIPATHI@NMSS.ORG](mailto:MEGHA.TRIPATHI@NMSS.ORG)



# RIDE GUIDE

